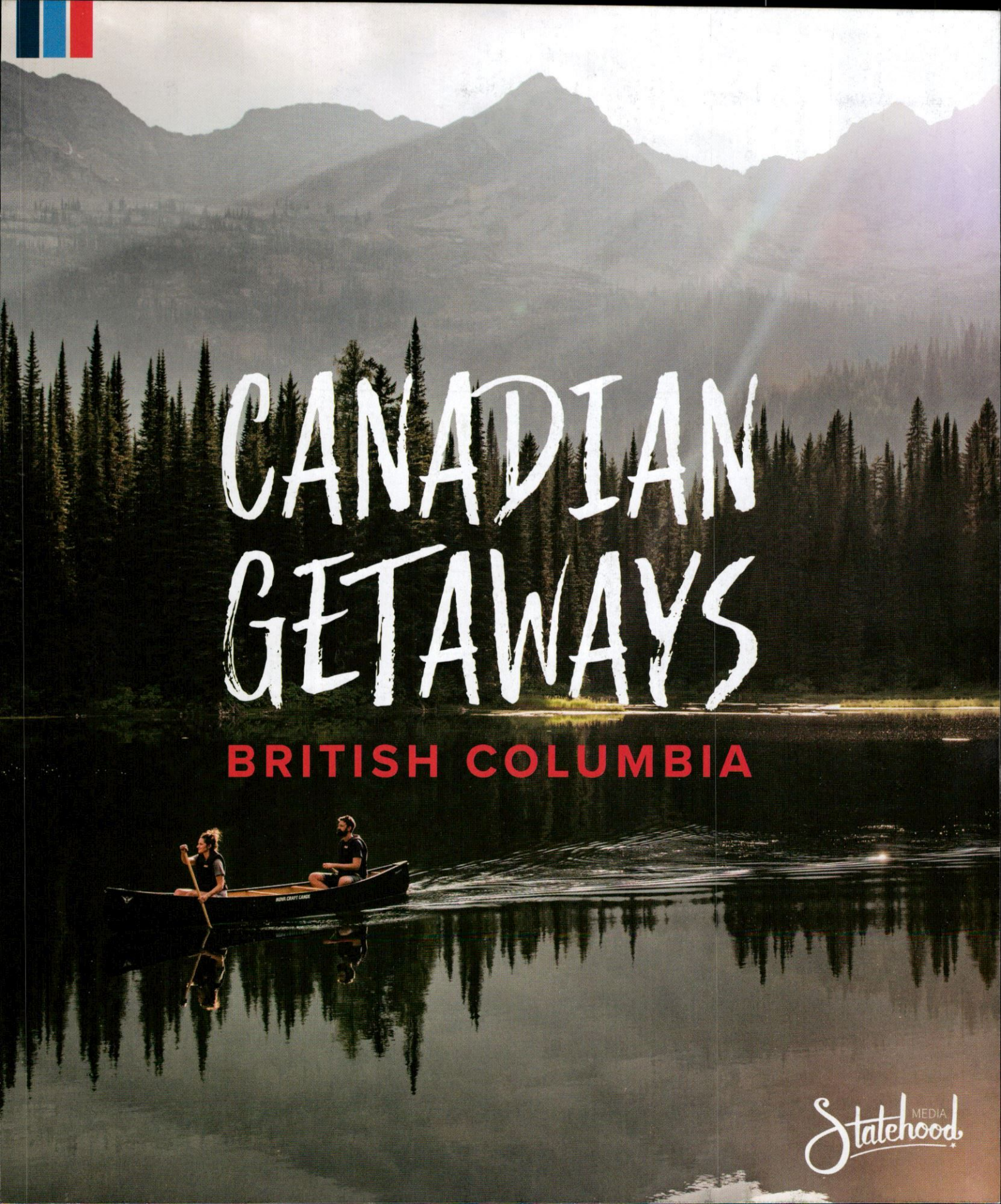
CANADIAN
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EXPLORE BC'S SUNSHINE COAST

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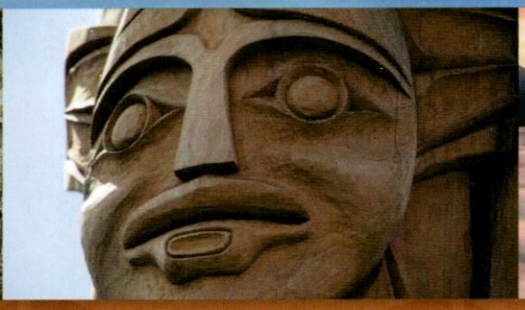

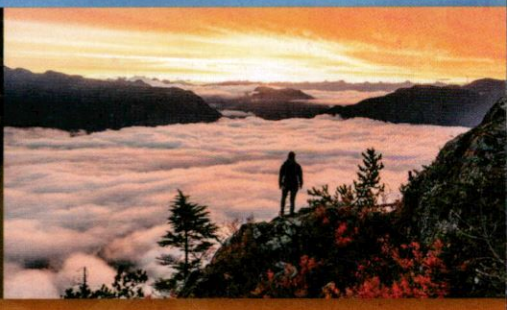

The Sunshine Coast is a 180 km stretch of paradise just northwest of Vancouver, British Columbia. Accessible via plane, ferry, or private boat, the ultimate adventure awaits. Come discover vibrant communities, reconnect with nature, and enjoy the laid-back vibe.

Sunshine Coast
TOURISM

FROM A HISTORICAL long-term perspective, the U.S. dollar at $0.74 per Canadian dollar makes a compelling case for Pacific Northwesterners to seek adventures farther north and, in some cases, farther west.

This summer, destinations in British Columbia will appear more compelling, not just because of the exchange rate, but also because of the range of new world-class experiences you can find in relatively undiscovered and pristine parts of this country. From far west BC surfing hot spot Tofino to a well-planned date night in Surrey and downhill biking in far eastern BC's Fernie, you will find solitude, the exhilaration of somewhere new and the feeling that this is all just the beginning of your Canadian chapter.

Going North for the Summer

BRITISH COLUMBIA SETS IMPOSSIBLY HIGH STANDARDS FOR SUMMER RETREATS

Statehood MEDIA

A publication of Statehood Media

www.1859oregonmagazine.com
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Cover: Island Lake near Fernie *(photo: Destination BC/Kari Medig)*

An aerial view of Desolation Sound on the Sunshine Coast. *(photo: Destination BC/Andrew Strain)*

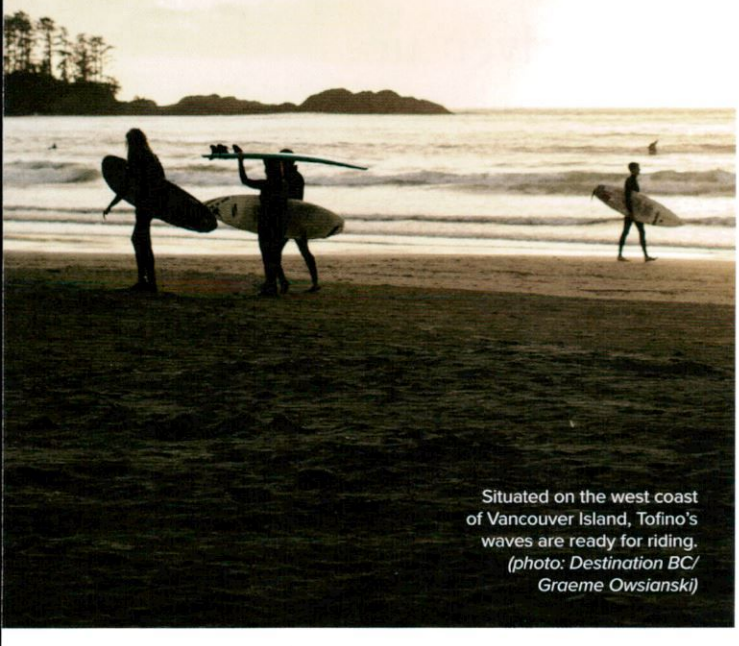
Tofino

BEACHES & BEAUTY

PROVINCES in eastern Canada are known for maple syrup. In Tofino and western BC, surfing is becoming the maple syrup, though still relatively untapped. With 35 kilometers of sandy beaches, consistent waves, surf shops and lessons, Tofino is no longer a counterintuitive playground for beach culture. The best months for waves are in the fall, but summer makes for a more family-friendly experience.

Find yourself at Long Beach Lodge Resort, where you can take part in on-site surf lessons, rentals and an oceanfront retreat with beach yoga. You have options when it comes to dining—from casual sandwiches and beer at the Surf Club to lemongrass noodle salad and Cox Bay chowder at the Great Room, sitting in front of a stone fireplace and overlooking the Pacific Ocean. Add to that an outdoor hot pool and cedar sauna, and you'll have an extraordinary experience.

If surfing sounds too wet for your sense of being, head to the nearby Pacific Rim National Park Reserve, where you'll find many trails and stunning beauty. Head to the Tofino Market (Saturdays, May through October) to explore local artists and the wares of local craftspeople.



Situated on the west coast of Vancouver Island, Tofino's waves are ready for riding. *(photo: Destination BC/ Graeme Owsianski)*

Blackie Spit in South Surrey is an excellent location for birdwatching. *(photo: BC Bird Trail/Discover Surrey)*

Surrey

CITY VIBES MEET GREEN SPACES

JUST NORTH of the United States border and south of Vancouver is the bustling city of Surrey. Surrey is a place for outdoor adventure followed by nights of culture and comfort. It also has many charming venues for planning a perfect date night.

Start your day in one of Surrey's green spaces, parks or beaches along the shores of Boundary Bay. Head to South Surrey to hike along the rugged shoreline or to Blackie Spit on the northern tip of Crescent Beach to discover hundreds of species of birds as part of the Pacific Flyway.

Next up is a little shopping for the soul. The Shops at Morgan Crossing have everything you would expect from an upscale outdoor shopping center, from Levis to Lululemon. Or go local at Semiahmoo Potters popup gallery on Beecher Street, Mainland Whisky on 189 Street or the Belgian waffles inside of the hidden gem Leon's Cafe on 152 Street.

Art and culture should never be overlooked on a date night. Take in regional Indigenous art through a city walking tour, with creations of the Coast Salish peoples. Go to the City of Surrey's website to find art walking tour maps.

As your day winds down, book a relaxing massage or pedicure from Casbah Spa on King George Boulevard. Other day spas in Surrey include Salt Wellness Centre, Sueño Spa and Aru Spa and Salon, to name a few.

For a romantic dinner, get reservations at Old Surrey Restaurant, a force in the Surrey culinary scene for fifty years. In a setting with white tablecloths, flowers and candles, Old Surrey's menu is a mix of local seafood and classic French fine dining—chateaubriand, breast of chicken forestière and Vancouver Island Qualicum Bay scallops.

Surrey is not short on lovely lodging options either. Retire for the night at the Civic Hotel where you will be treated to a luxurious stay in the heart of downtown. Ask for a high floor to overlook the city from your suite. If you want to stay close to water, book Ocean Promenade Hotel near Crescent Beach and enjoy views of the bay from elegant modern rooms.

Take in Surrey's public art on a walking tour of the city. *(photo: Ian Harland/ Discover Surrey)*

DISCOVER
Surrey
A VIBRANT MOSAIC AWAITS
Discover an internationally recognized food scene, spectacular natural scenery, and more — just across the border in Surrey, British Columbia, Canada.

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Sunshine Coast

ULTIMATE ADVENTURE

ABOVE The 180-kilometer Sunshine Coast Trail is hut-to-hut hiking at its finest. *(photo: Destination BC/ Andrew Strain)* AT LEFT *Welh Áynexw tl'a Swa7ámchet*, a carving by Squamish artist Sinàmkin (Jody Broomfield), adorns the exterior wall at Gibsons Public Art Gallery. *(photo: Sunshine Coast Tourism/Shayd Johnson)*

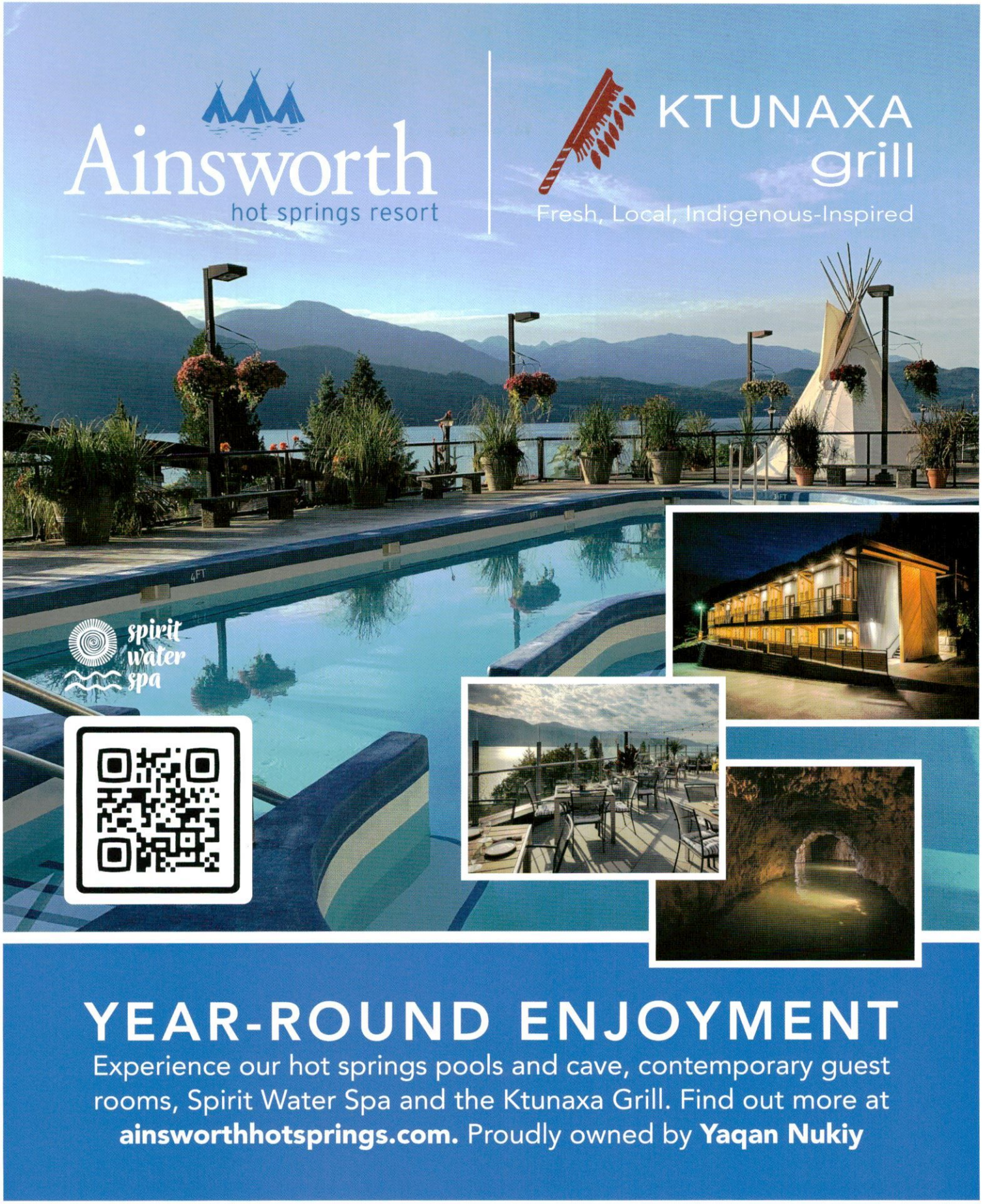
TO THE EAST of Tofino, across Vancouver Island and the Strait of Georgia, is Canada's Sunshine Coast. Known for its small coastal towns and harbors, Sunshine Coast is a bounty of trails, pristine fjords and provincial parks, as well as its First Nations arts and culture. Seclusion is one of the most compelling attributes of the Sunshine Coast, as it is accessible only by BC Ferries and short flights from Vancouver or Vancouver Island.

The two main regions are North and South Sunshine Coast, with North Sunshine Coast being more remote and South Sunshine Coast more popular.

Book a tour boat to experience the Norway of Canada. One of the most compelling and beautiful fjords in the region is the Princess Louisa Inlet, surrounded by steep granite walls and dropping 1,000 feet below sea level. As the winter's snow melts, waterfalls cascade along the perimeter of Princess Louisa. The deepest fjord on the Sunshine Coast is Jervis Inlet, measuring 2,200 feet deep and the picturesque home to many bald eagles.

Bikes are a common and fun form of transportation throughout the region. Cycling trips along the rugged and beautiful coastline on the two-lane Highway 101 are one rite of passage. Likewise, the 180-kilometer Coastal Circle Route is a bucket list item with miles after miles of gorgeous views of the Salish Sea, four ferries and the coastlines of the Sunshine Coast and Vancouver Island.

The 180-kilometer Sunshine Coast Trail is another bucket list adventure for intrepid hikers. With fourteen first-come-first-sleep cabins along the trail from Sarah Point to Saltery Bay, you will encounter stunning coastal shorelines, old-growth forests, pristine lakes and breathtaking mountain top vistas.

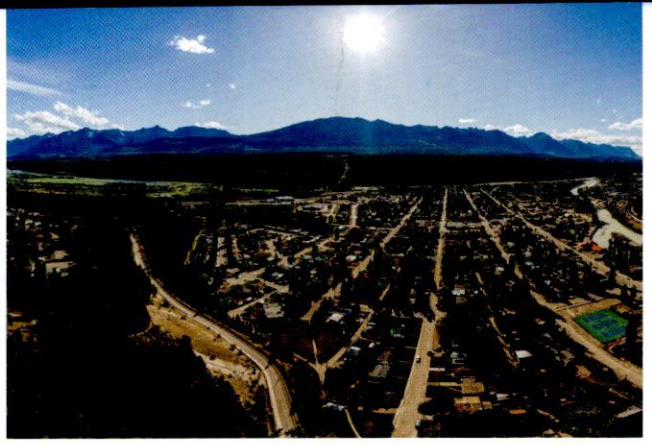


YEAR-ROUND ENJOYMENT

Experience our hot springs pools and cave, contemporary guest rooms, Spirit Water Spa and the Ktunaxa Grill. Find out more at **ainsworthhotsprings.com.** Proudly owned by **Yaqan Nukiy**

Golden

YOUR GATEWAY TO NATIONAL PARKS



FROM TOP Golden is your base camp for outdoor adventure in the Canadian Rockies. Local waterways offer ample opportunity for paddleboarding, kayaking or whitewater rafting. *(photos, from top: Kootenay Rockies Tourism/Mitch Winton, Destination BC/Ryan Creary)*

THE FIRST thing you must know is that you will be taken … by the beauty of Golden in the Valley of a Thousand Peaks. Surrounded by six national parks—Yoho, Banff, Glacier, Jasper, Kootenay and Mount Revelstoke—Golden is a place where your outdoor adventure fantasies all come true.

Find more than 185 kilometers of cross-country mountain biking, including the smooth and flowy trails of the Moonraker network. For bigger thrills and more challenge, head to Mount 7 where you may not even notice the spectacular views along this descent. Either drive to the top of the trail network on a forest service road or make the rewarding climb on your bike. Downhill rides continue at Kicking Horse Mountain Resort for 3,700 feet of vertical and more than thirty trails across 50 kilometers.

The Kicking Horse River is also renowned for its whitewater as it runs wild and free through Kicking Horse Canyon. Canoe, kayak or SUP in the Columbia River and Wetlands. In nearby lakes and in tributaries of the Columbia, fish for rainbow trout, cutthroat trout and char. Guided wildlife-watching trips bring you closer to elk, deer, moose, bighorn sheep and even grizzly bears.

In Golden, try Eleven22 for a wonderfully eclectic dinner that spans Asian, European and American cuisines, with such dishes as pork and kimchi potstickers, duck spiedini and blackened mahi mahi. The wine list is exclusively composed of wines from British Columbia.

Wind down back at a mountain lodge of your choice—from Basecamp Lodge Golden to the beautiful Winston Lodge at Kicking Horse Mountain Resort. You'll marvel at how quickly you were taken.

Enjoy a scenic soak alongside Kootenay Lake in the natural hot springs at Ainsworth. *(photo: Destination BC/Kari Medig)*

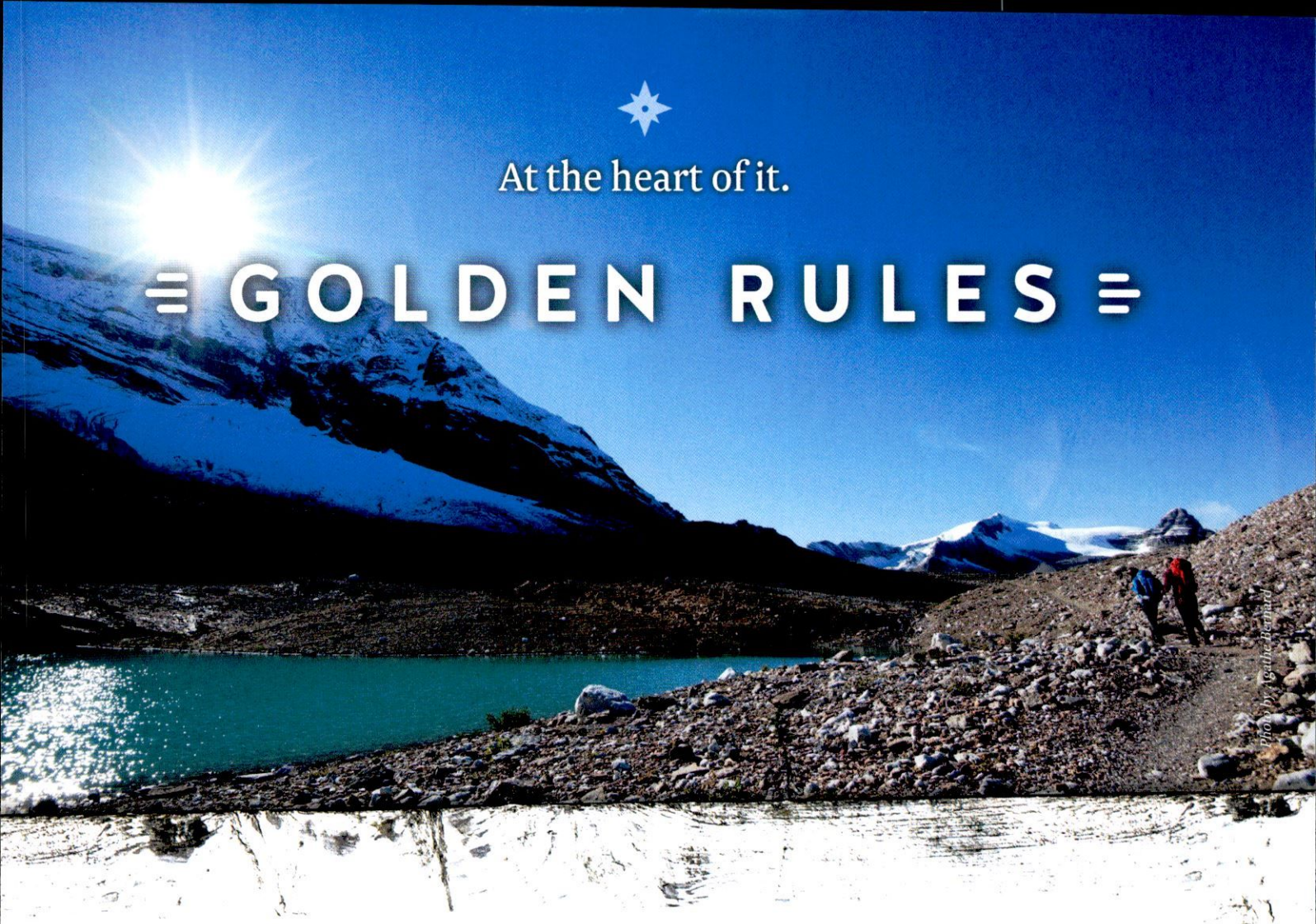
Ainsworth Hot Springs

A REJUVENATING WELLNESS RETREAT

IN EASTERN British Columbia and a little more than 90 miles north of the Washington border is the Ainsworth Hot Springs. Owned by the Ktunaxa First Nations people, Ainsworth was recently ranked as one of *Condé Nast Traveler*'s best wellness retreats in the world.

It's no surprise to anyone who has visited the hot springs adjacent to Kokanee Glacier Provincial Park and along the banks of Kootenay Lake. The air is clean and the spring water rejuvenating. The natural springs come up from deep in the earth and surface to cooled temperatures of 108 degrees into the 150-foot-long, horseshoe-shaped natural limestone cave and to 96 degrees for the main pool. The year-round hot springs at Ainsworth also have a nice stream-fed cool-water plunge pool as well as a lounging pool.

The resort's lodgings are cozy and with stunning views. The Ktunaxa Grill features a refreshingly creative menu. Think Salt Spring Island mussels, wild game chili and arugula beet salads.



Golden BC, at the Heart of Your Parks Adventure

Sitting at the confluence of two historic rivers, Golden B.C. is an authentic mountain town at the doorstep of the Canadian Rockies.

Golden is surrounded by six of Canada's most stunning national parks: Yoho, Glacier, Banff, Jasper, Kootenay, and Mount Revelstoke. This unique location makes Golden the ideal place to experience the spectacular scenery, iconic hiking trails, waterfalls, lakes, and heritage sites of the national parks.

Enjoying what Golden has to offer is even better after a great night's sleep, with plenty of accommodation options such as luxury mountain homes, charming rustic cabins, and full-service hotels. We hope to see you in Golden for your next adventure.

Start planning: **lovethenationalparks.com**

Safety is your responsibility. Be prepared and always respect the environment. Find more hints and tips on travelling safely and responsibly at www.tourismgolden.com/travel

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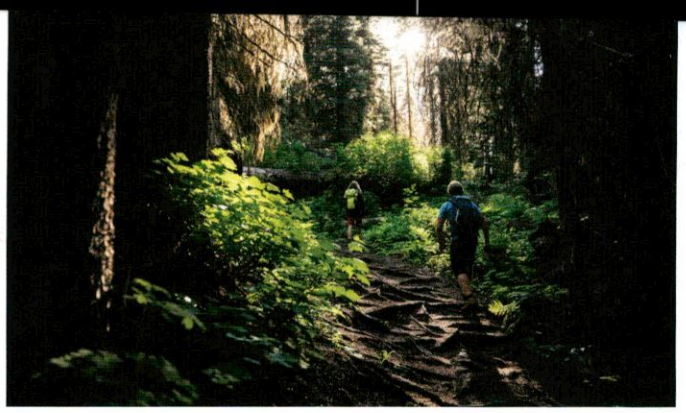
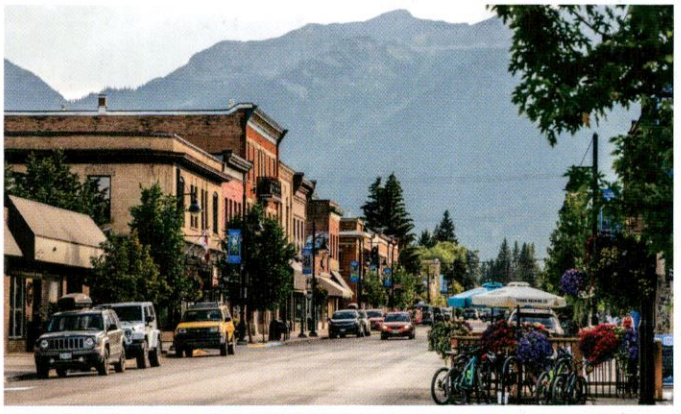
TOURISM Golden GOLDEN RULES
BRITISH COLUMBIA

Fernie is a mountain biker's dream in the summer. *(photo: Destination BC/Kari Medig)*





FROM TOP Find hiking trails for all skill levels near Fernie. Peaks surround this idyllic mountain town. *(photo: Kootenay Rockies Tourism/Mitch Winton/Island Lake Lodge, Kootenay Rockies Tourism/Mitch Winton)*

Fernie

A FOUR-SEASON STUNNER

NEITHER the coal mines nor the belated railroad access did the trick. Eventually its mountains and beauty became its sustainable industry—four-season recreation. Located 242 miles northeast of Spokane and surrounded by the Canadian Rockies, the small mountain town Fernie is renowned for its snowfall and its ski resort. In the summer, Fernie Alpine Resort becomes a downhill biking mecca, served by two lift chairs that access miles of novice to expert downhill trails. This summer, Fernie adds new biking and hiking access from Timber Chair and a playground for kids.

In town, Fernie has a well-kept network of walking and biking trails. Mount Fernie Provincial Park has well-marked easy hikes, as Lizard Creek tumbles through before plunging into a waterfall into Elk River. Fairy Creek is another 4.6-kilometer roundtrip easy option that ends at Fairy Creek Falls.

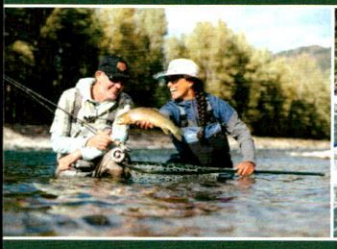
For lunch at the Fernie base village, try Legends Mountain Eatery, which has two kinds of poutine on its menu, plus burgers, sandwiches, beer and wine. In town for dinner, head to Yamagoya Sushi for sashimi and ramen or to The Fernie Taphouse for daily happy hour.

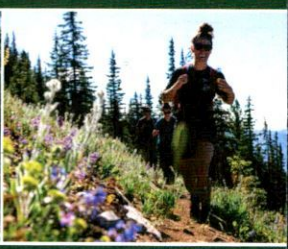
End your day at The Spa at Island Lake Lodge, which has spectacular mountain views as well as a cedar barrel sauna, a hot pool and spa services to enhance your wellness.

FERNIE
Est. 1898

Summer in the Canadian Rockies

World-class Fly Fishing • Golfing • Hiking • Mountain Biking • Rafting, Kayaking, SUP • Spa • Dining • Shopping





Fernie is a friendly mountain community in the Rocky Mountains of southeast British Columbia.
Summer is the perfect time to explore our beautiful landscapes, lush valleys and clear waterways.
Experience the historic downtown, endless outdoor activities, quaint attractions and local arts and culture.

Just over 100 miles north of Kalispell, MT and the Glacier Park International Airport.
Save approx. 30% on everything thanks to the great exchange rate!

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